



Learn some self-defence like a bee!



Bees only sting as a last form of defence. Learn some self-defence

Time



Age

5 - 7
7 - 11
14 - 18

Environment



Equipment

Teacher

Price



Subject

P.E.
Wellbeing

Activity Type

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Soft Skills

Communication
Creativity
Decision making
Gross Motor Skills
Independence
Leadership
Mental Health Awareness
Problem solving
Responsibility
Self motivation
Teamwork

